

LOW BIRTH WEIGHT

(141)

PARTICIPANT TYPE.....INFANTS, CHILDREN UP TO 24 MONTHS
HIGH RISK.....No

RISK DESCRIPTION:

Birth weight less than or equal to 5 pounds 8 ounces (2500 g)

ASK ABOUT:

- Caregiver's knowledge of feeding needs and ability to follow feeding instructions
- Infant's need for special formula or human milk fortifier
- Feeding history and growth pattern
- Developmental milestones
- Other medical complications related to low birth weight
- Access to ongoing health care

NUTRITION COUNSELING/EDUCATION TOPICS:

- Infants:
 - Reinforce any special diet or feeding instructions from their primary care provider or neonatal dietitian.
 - Discuss relevant age-appropriate feeding guidelines including:
 - Breastfeeding management strategies
 - Foods, amounts and frequency of feedings
 - Appropriate division of responsibility in feeding
 - Parent's awareness of hunger and satiety cues
 - Waking a sleepy infant for feedings
 - Proper formula dilution and sanitary formula preparation
 - Progression to solid foods when developmentally ready
- Children:
 - Reinforce any special diet or feeding instructions from their primary care provider or pediatric dietitian
 - Discuss the division of responsibility and the child's job to decide whether to eat and how much to eat. Identify areas of diet that need attention and make appropriate suggestions:
 - Provide adequate number of servings from each food group.
 - Provide age-appropriate serving sizes.
 - Offer high calorie and high protein foods, if appropriate.

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NUTRITION COUNSELING/EDUCATION TOPICS (CON'T):

- Stress the need for optimal nutrient intake to meet the rapid growth needs over the first two years
- Encourage caregiver to offer foods that are developmentally appropriate for their child.

POSSIBLE REFERRALS:

- If the child is not receiving well child care or keeping appointments, refer the child (if on medical assistance) to Health Tracks (<http://www.nd.gov/dhs/services/medicalserv/health-tracks/>), the local public health department, or primary care providers in the community.
- Refer the child to the Right Track Program for early intervention services (<http://www.nd.gov/dhs/services/disabilities/earlyintervention/parent-info/right-track.html>).